

# October 2024 Fitness Schedule



	Monday		Tuesday		Wednesday		Thursday		Friday
6:05 am	<b>HIIT</b> Jennifer Aerobic Studio	6:05 am	<b>Turn &amp; Burn</b> Toni Cycle Room	9 am	<b>Pilates Fusion</b> Elyse Aerobic Studio	6:05 am	<b>Turn &amp; Burn</b> Toni Cycle Room	9 am	<b>Chisel &amp; Burn</b> <b>HIIT</b> Elyse Aerobic Studio
9 am	<b>Unhitched Barre</b> Heather Aerobic Studio	9 am	<b>POUND</b> Lauren Aerobic Studio	10 am	<b>Low Impact Cardio Strength</b> Elyse New Gym	9 am	<b>POUND</b> Kasey Aerobic Studio	10 am	<b>Low Impact Cardio Strength with Stretch</b> Vivian New Gym
10 am	<b>Fast &amp; Fabulous Cardio</b> Elyse Aerobic Studio		<b>Pedaling</b> Alex Cycle room			<b>Gentle Yoga</b> Julie Aerobic Studio	<b>Flex and Flow</b> Raquel Aerobic Studio		
10 am	<b>Low Impact Cardio Strength</b> Heather New Gym	10 am	<b>Low Impact Cardio Strength</b> Vivian New Gym	11 am	<b>Flow Yoga</b> Hope Aerobic Studio	5:30 pm	<b>Dance HIIT</b> Christelle Aerobic Studio	<b>Saturday</b>	
11 am	<b>Flex and Flow</b> Heather Aerobic Studio		<b>Yin Yoga</b> Julia Aerobic Studio	5:15	<b>Indoor Cycle</b> Erin Cycle Room	6 pm	<b>Outdoor Bootcamp</b> Joe Track		
4:15 pm	<b>Flow Yoga</b> Meg Aerobic Studio	5:30 pm	<b>Unhitched Barre</b> Heather Aerobic Studio	5:30	<b>Cardio Strength/Step</b> Jane Aerobic Studio			9:15 am	<b>POUND</b> Elyse 5 <sup>th</sup> Emily 19 <sup>th</sup> Aerobic Studio
5:30 pm	<b>Indoor Cycle</b> Gary Cycle Room		<b>Indoor Cycle</b> Jamie Cycle Room			9:15 am	<b>HIGH Fitness</b> Mariah 12 <sup>th</sup> , 26 <sup>th</sup> Aerobic Studio		
5:30 pm	<b>HIIT</b> Vivian Aerobic Studio	6:00 pm	<b>Outdoor Bootcamp</b> Joe Track			10:15	<b>Gentle Yoga</b> Julie 5 <sup>th</sup> Bill 12 <sup>th</sup> Raquel 19 <sup>th</sup> Soyla 26 <sup>th</sup> Aerobic Studio		

\*Outdoor Bootcamp is held on the field weather permitting

**Dance HIIT:** Learn choreographed dances with segments of weight training. SEE YOU THERE!

**Fast& Fabulous Cardio and Cardio Strength Step:** 45-minute fast paced class that uses the step, free weights, bands, bars and mat for a full body interval cardio and weight training. FUN!

**HIGH Fitness:** Bigger, Better, and HIGHer! Experience a modern twist on aerobics in a non-stop action-packed hour of cardio through easy-to-follow choreography and upbeat music you know and love. Adaptable to all levels of fitness, you can go high, or you can go low.

**HIIT:**45-minute class high-intensity interval training, keeps your heart rate up and burns more fat in less time of interval training using your body weight, free weights, bands, bars, and mats.

**Indoor Cycle:**45-minute class in the cycle room of fun and sweat to music to keep you going.

**Low Impact Cardio Strength:** 45-minute class with segments that increase your heart rate with cardio and weight training with focusing on balance and stretching at the end. The class uses mini-bands, bands, weights and mats. You can modify for any level.

**Outdoor Boot Camp:**45-minute class on the field and track using a mixture of traditional calisthenics and body-weight exercises, along with interval training, strength training, and other exercise training routines.

**Pilates Fusion:** 45-minute class designed to improve physical strength, flexibility, posture, and enhance mental awareness. We use weights and balls in the beginning, then move to the floor for mat work.

**POUND:** Channel your inner rockstar with this 45-minute full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums with music. FUN!

**Turn and Burn:** 20 minutes of fun fast paced cycle ride and 20 minutes of weight training and core. Starts in the cycle room and ends in the aerobic room.

**Unhitched Barre:** 45-minute group exercise class that is a blend of body weight training using mini bands, weights, and core exercise with a mat to work your whole body.

**Exhale Yoga:** yoga practice with a strength emphasis supporting stability & connection. Includes breathing techniques and simple mindfulness practices for your overall health and relaxation.

**Flex and Flow:** 45 min- this class incorporates mobility, flexibility and yoga postures to stretch the muscles and ligaments. Functional movements are important for being able to walk, run, sit and move the way the body is intended to, while improving your range of motion and decreasing the risk of injury.

**Flow Yoga:** a more active series of poses known as vinyasa that links movement to breath. You can expect sun salutations, standing poses, and balancing work as well as deep relaxing stretches. All levels welcome.

**Gentle Yoga:** slow movement and breath work into a more active style of stretching and balancing known as vinyasa. You can expect Sun salutations, standing poses, as well as deep relaxing stretches on the mat.

**Yin Yoga:** a series of long-held, relaxing floor poses that focus on the groupings of the body – the hips, legs, upper body and full body, strengthening the connective tissues.

# October 2024 Aqua Fitness



Monday		Tuesday		Wednesday		Thursday		Friday	
8:05 am	<b>Aqua Cardio &amp; Tone</b> Heather Deep Water	9 am	<b>Aqua Tabata</b> Sandi Shallow Water	8:05 am	<b>Aqua Cardio &amp; Tone</b> Chip Deep Water	9 am	<b>Aqua Tabata</b> Sandi Shallow Water	8:05 am	<b>Aqua Cardio &amp; Tone</b> Kathi Deep Water
9 am	<b>Aqua Flow</b> Chip Shallow Water			9 am	<b>Aqua Flow</b> Chip Shallow Water			9 am	<b>Aqua Flow</b> Marge Shallow Water
10 am	<b>Aqua Arthritis</b> Chip Shallow Water			10 am	<b>Aqua Arthritis</b> Chip Shallow Water			10 am	<b>Aqua Arthritis</b> Marge Shallow Water

## Senior Fitness

Tuesday		Wednesday		Thursday	
9:15 am	<b>*Tai Chi</b> Katie Youth Toom	10 am	<b>Chair Yoga</b> Hope Youth Room	10 am	<b>Prime Time for Seniors</b> Heather Youth Room
10 am	<b>Prime Time for Seniors</b> Julie Youth Room				

\*Tai Chi will be Tuesdays October 29<sup>th</sup> -November 26<sup>th</sup>

**Aqua Cardio & Tone:** 45-minute low-impact class is performed in deeper water and is designed to improve joint stability, coordination, heart health, and strength, using belts and water dumbbells.

**Aqua Flow:** 45-minute Lower impact moves designed to improve joint stability, improve heart health and balance in the shallow end.

**Aqua Tabata:** 45-minute HITT (High Intensity Interval Training) workout in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds. Dumbbells and mini bands are used.

**Aqua Arthritis:** Slower paced movements with range of motion movements in the water.

**Chair yoga:** All yoga poses are done seated in the chair and is accessible for most body types and abilities. The focus is on breath work and gentle postures for strength and mobility.

**Prime Time for Seniors:** 45-minute cardiovascular workout focusing on strength training and flexibility moves, all completed using chairs for support while exercising using weights and bands.